You’re helping women and girls build brighter futures.

Creating career opportunities in Cameroon  P2

Strengthening food security through urban farming in Peru  P3

Growing confidence and crops in Tanzania  P4
“Thanks to my training, I am not only more confident in myself, but also have the recognition from my family. My neighbors call me “docta.” – Thérèse

You’re helping Thérèse pursue her dreams.

What does the future look like for a single mother in Cameroon who didn’t finish school? Thanks to donors like you, she could become a tailor, open her own restaurant, or provide basic medical care in her community.

These paths are possible through a vocational training program offered by our partner, Centre de Promotion de la Femme et de la Famille. The training, provided by Cuso International volunteers, provides women like Thérèse the skills and confidence to earn their own income, take care of their families and contribute to their communities.

Thérèse hopes to offer medical support and basic healthcare services in her community.

Your words and actions mean so much.

We’re constantly amazed at the way donors like you express your support. You show up with generosity, commitment and words of encouragement.

The notes pictured below are written by donors who wanted to directly reach out to Verediana and her classmates at the AKOS school in Tanzania during the holidays last year. Thank you for your heartfelt greetings and ensuring young women like Verediana feel supported.
Thanks to your generosity and our local partner in Lima, Peru, we’ve recently introduced a certification that validates the quality of produce farmed in our urban garden project in the city. This certification will allow gardeners to access new markets and earn more income.

You’re ensuring food security for Luzmila and her community.

When you give to Cuso International, women have the support to uplift themselves and their communities. Luzmila is proof of that.

You may remember Luzmila from a previous update. She helped launch a community soup kitchen to serve food to families in her community on the outskirts of Lima, Peru.

Thanks to your generosity, we’re happy to report that her kitchen is still operating and that she’s recently received training from Cuso International volunteers on urban gardening as part of the MUSA project in Peru. She’s now created a thriving vegetable garden next to the kitchen.

You’re helping Luzmila acquire the tools and skills she needs to sustainably grow fresh produce for her kitchen. Now, she no longer relies on more expensive food markets outside her community. She can also sell her produce in local markets.

You’re helping Luzmila build autonomy for herself and her community.

“’We do see the progress in the community, and we are grateful for it.’” – Luzmila

You’re helping women achieve financial independence.

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IMPACT

The MUSA project launched in 2022, and thanks to your support, now works with 40 communities in Peru.
You’re planting seeds of change for Jesca.

Thanks to you, Jesca has the chance to learn, grow and thrive.

As the chilli peppers in Jesca’s farm grow, so does her confidence and optimism for the future—and it’s all thanks to Cuso International supporters like you.

“My life has changed so much because everything is mine.” – Jesca

When Jesca’s father passed away, her mother was left to care for her family. Jesca then realized she needed an education that could lead her towards financial independence. She found the perfect opportunity through the Kizimba Business Model in Tanzania, a project supported by our donors and partners.

The project provides young women with plots of land so they can farm crops with strong market demand. But successful farming requires more than land. These young women also need to know how to manage, sell and market their crops. Cuso International volunteers help fill this gap by teaching classes in agribusiness management, finance, and agricultural engineering.

Jesca planted her first crop of habanero seeds last April and is well on her way to becoming a budding entrepreneur.

Your support helps young women like Jesca cultivate land, earn their own income and achieve their goals.

IMPACT

Thanks to your support, the project has provided more than 1,000 acres of land to Tanzanian youth.